

# St Benedict's Parish Arcadia



## FIFTH SUNDAY IN ORDINARY TIME YEAR B

3 & 4 FEBRUARY 2024



### PARISH MASS TIMES Weekend:

Saturday 7:00pm Vigil  
Sunday 9:00am  
Sunday 10:30am

### Weekday:

Mondays to Thursdays 9:30am

Fridays 6:30pm Adoration  
7:00pm Mass & Confession  
(Reconciliation)

Saturdays 10:00am to 11:00am  
Adoration & Confession  
(Reconciliation)

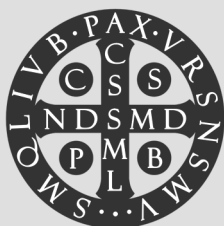
### MONASTERY CHAPEL Masses

Sundays 7:00am  
Daily 7:00am

Please contact Father Shansana for the following:

BAPTISMS  
RECONCILIATION  
FOR THE SICK  
MARRIAGES  
FUNERALS

Fr Shansana: 0437 884 233



### ENTRANCE ANTIPHON

O come, let us worship God  
and bow low before the God who made us,  
for he is the Lord our God.

### SUNDAY HOLY MASS PRAYER

Keep your family safe, O Lord, with unfailing care,  
that, relying solely on the hope of heavenly grace,  
they may be defended always by your protection.  
Through our Lord Jesus Christ, your Son,  
who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever. **Amen.**

### SELF REFLECTION: SERVING

This Sunday's Gospel, Mark 1:29-39, Jesus cures Simon's mother-in-law then she began to serve them.

*Who do you take your troubles to? There is no trouble Jesus will not face with us and for us. Put your trust in him.*

*When Simon's mother-in-law is cured, she does what Jesus himself does. She serves those in need. She becomes a disciple. Wellbeing of spirit involves a willingness to serve, while spiritual sickness means that I am concerned only about myself. I ask the Lord to make me truly well.*

*Jesus, this Gospel portrays a very busy day in your life. My days, as you know, can be busy too. But you find time to pray and I must try to do the same. You bless the time I give to prayer, and my life becomes more fruitful.*

*Lord Jesus, you became human for us! You brought joy to a family at Cana. You brought healing and hope to Simon Peter's mother in law, and to the paralysed and the blind. You gave bread to the hungry. You gave us your life, your body, your spirit, your mother – everything. Thank you!*

Source: sacredspace.ie



**First Reading: Job 7:1-4, 6-7 (JB)**

A reading from the prophet Job

*I am filled with sorrow all day long.*

Job began to speak:

Is not man's life on earth nothing more than pressed service,  
his time no better than hired drudgery?

Like the slave, sighing for the shade,  
or the workman with no thought but his wages,  
months of delusion I have assigned to me,  
nothing for my own but nights of grief.

Lying in bed I wonder, 'When will it be day?'

Risen I think, 'How slowly evening comes!'

Restlessly I fret till twilight falls.

Swifter than a weaver's shuttle my days have passed,  
and vanished, leaving no hope behind.

Remember that my life is but a breath,  
and that my eyes will never again see joy.

**The word of the Lord.**

**Thanks be to God.**

**Responsorial Psalm:**

**R. Praise the Lord who heals the broken-hearted.**

**Second Reading: 1 Corinthians 9:16-19, 22-23 (JB)**

A reading from the first letter of St Paul to the Corinthians

*Punishment will come to me if I do not preach the Gospel.*

I do not boast of preaching the gospel, since it is a duty which has been laid on me; I should be punished if I did not preach it! If I had chosen this work myself, I might have been paid for it, but as I have not, it is a responsibility which has been put into my hands. Do you know what my reward is? It is this: in my preaching, to be able to offer the Good News free, and not insist on the rights which the gospel gives me.

So though I am not a slave of any man I have made myself the slave of everyone so as to win as many as I could. For the weak I made myself weak. I made myself all things to all men in order to save some at any cost; and I still do this, for the sake of the gospel, to have a share in its blessing.

**The word of the Lord.**

**Thanks be to God.**

**Gospel Acclamation**

Alleluia, alleluia!

He bore our sickness,  
and endured our suffering.

Alleluia!

**GOSPEL: Mark 1:29-39 (JB)**

A reading from the holy Gospel according to Mark

*He cured many who suffered from diseases of one kind or another.*

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them.

That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was.

In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, 'Everybody is looking for you.' He answered, 'Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came.' And he went all through Galilee, preaching in their synagogues and casting out devils.

**The Gospel of the Lord.**

**Praise to you, Lord Jesus Christ.**

**"IS NOT MAN CONSIGNED  
TO LABOR ON EARTH? ARE  
NOT HIS DAYS LIKE THOSE  
OF A HIRED HAND?"**

**- JOB 7:1**



*To the weak I became  
weak, so that I might  
win the weak.*

1 Corinthians 9:22



## GOSPEL REFLECTION

Sunday, February 4

Job 7:1-4, 6-7

Psalm 147:1-6

1 Corinthians 9:16-19, 22-23

Mark 1:29-39

*My days . . . come to an end without hope. (Job 7:6)*

Poor Job! He had lost his possessions, his family, and his health. But perhaps worst of all, he had lost his hope. Now there was nothing for him to do but suffer and wait for death to take him out of his misery. He was convinced that he would "not see happiness again" (Job 7:7).

We all need hope, but it's not something we can manufacture on our own. Instead, we need something to pin our hopes *on*, and that was what Job was lacking. Like Job, if we don't see something on the horizon that will improve our current situation, we will find it hard to keep going.

Perhaps that's how the people in Jesus' time felt as well. They had been living under harsh Roman occupation, and they didn't know when God would come to rescue them. But then Jesus came on the scene. In today's Gospel, he heals Peter's mother-in-law and then spends the evening healing people and casting out demons (Mark 1:32-34). What hope this must have sparked, not only in the people he had cured, but in everyone who had witnessed such divine power! Perhaps he really was the Messiah they had been waiting for!

The next morning, Jesus told the disciples that he was going to other villages in Galilee to preach and heal. "For this purpose I have come" (Mark 1:38).

*For this purpose I have come.* Jesus came to give us hope: to heal us of our sins and free us from the power of death. He came to give us life in him, a life that begins now but will last into eternity.

Perhaps you are tempted to feel hopeless about a difficult situation in your life. Or maybe you're discouraged about what the future will hold. But remember what Jesus said: he came for a purpose, and that purpose is being fulfilled in your life and in the world even now. He is the horizon you can look to whenever you are tempted to give up hope. May we always keep our eyes on him!

**"Jesus, you are my hope, now and forever."**

Source: Word Among Us India

### ITALIAN ROSARY GROUP

Every Monday 2.00pm.  
Everyone welcome.

For more details call  
Angela Egiziano Ph: 9653 2312.



### CCC PRAYER GROUP



Prayer meeting held every  
**Wednesday morning:** after 9.30am Mass.  
Everyone welcome.

***Come and meet new people and have a cuppa!***

For more details call Mary Camilleri on 0403 116 987.

### CRAFT GROUP

The quilting group will meet every 4th Tuesday of the month at 10.30am in the parish meeting room.

Everyone welcome!



### POPE'S INTENTION FEBRUARY 2024



#### FOR THE TERMINALLY ILL

**We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.**

### CATECHIST NEWS

Our first Catechist meeting will be held on Wednesday 7<sup>th</sup> February at 10am. Teacher's Manuals and student workbooks will be handed out at this meeting. I encourage all to attend, thanks.

SRE starting dates –

**Arcadia, Galston and Glenorie:**  
Wednesday 14<sup>th</sup> February

**Hillside:** Friday 16 February

**Middle Dural:** yet to be confirmed

If you are free on Wednesday or Friday mornings during school terms and love being with children, why not consider joining this worthwhile ministry. Training, support, books and assistance will be provided.

**Catechist Vacancies – we are looking for 2 people to help in this ministry:**

**Catechist for Middle Dural Public School on Wednesdays 9 – 9:40am**

**Catechist for Arcadia Public School on Wednesdays 12 – 12:30pm**

If you are interested please contact myself or Paula at the parish office or any of our priests.

God bless,

Miriam Brown [srearcadia@gmail.com](mailto:srearcadia@gmail.com)

Parish Catechist Co-ordinator





# Parish Roster

**PLEASE JOIN US FOR MORNING TEA AFTER THE 9AM MASS**

## NEXT WEEKEND'S ROSTER

**10/2/2024 to 11/2/2024**

|  | <b>Saturday<br/>7.00pm</b> | <b>Sunday<br/>9.00am</b> | <b>Sunday<br/>10.30am</b> |
|--|----------------------------|--------------------------|---------------------------|
| <b>Acolyte</b>   |                            | Nigel M                  |                           |
| <b>Reader1</b>   | Margaret B                 | Teresa G                 | Mirko J                   |
| <b>Reader2</b>   | Mary C                     | Kath M                   | Martina J                 |
| <b>Prayers</b>   | Sr Carol T                 | Lorraine D               | Leon J                    |
| <b>TV</b>  |                            | Trey O'C                 | Michael E                 |
| <b>Music</b>   |                            | Melanie H                | Melanie H                 |
| <b>Music</b>   |                            | Helen F                  | Keith W                   |
| <b>Music</b>   |                            | Theresa N                | Don R                     |
| <b>Music</b>   |                            | Marisa Q                 | Christian R               |
| <b>Morning Tea</b>   |                            | Tania T                  |                           |
|  <b>FLOWERS</b> | Rose G                     |                          |                           |

*Thank you to all our volunteers, we really appreciate it!*


*If anyone would like to join our parish roster*

*please contact the parish office.*

*Thank You!*

## ASH WEDNESDAY

Ash Wednesday will be on Wednesday February 14th. Mass times as follows:

 7.00am Monastery  
9.30am Parish  
7.00pm Parish

Please bring back your palm branches from last year by Sunday the 11th of February so we can use for Ash Wednesday service.

## FETE

The Parish fete will be held on **Sunday 7th April, 2024**. Please save this date in your calendars.



If you are cleaning out your cupboards, please start putting aside donations for the fete. Only good quality items can be taken. Loose items need to be in boxes.

**Next fete meeting is Monday the 5th of February 7.15pm.** We urgently need help from previous years' helpers to have ideas, so please join us to help us out.

## ACKNOWLEDGMENT

We acknowledge the Traditional Owners of country throughout Australia and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and emerging.

## SAFEGUARDING MISSION STATEMENT

We the people of St Benedict's Parish are committed to fostering a community of safety and care for all people, especially for children and others in the community who are vulnerable. Our commitment is underscored by our faith in Jesus Christ.

If you have a concern for the safety and wellbeing of a child, young person or vulnerable adult, tell someone who can help. These people in our parish can help:

Fr Shansana 0437 884 233 - Lorraine Dailey 0416 081 882 - Office for Safeguarding 8379 1605.

## PARISH OFFICE HOURS:

**Mondays & Fridays:** 9.30am to 2.30pm

**Parish Office:** 02 9653 2312  
**Email:** arcadia.parish@bbcatholic.org.au

**Parish Priest:** Fr Shansana Samarasinghe OSB  
**Email:** sanshanasamarasinghe@yahoo.com  
**After hours:** 0437 884 233

**Address:** 2 Fagans Road, Arcadia NSW 2159  
**Postal address:** 121 Arcadia Rd, Arcadia NSW 2159

**Website:** [www.bbcatholic.org.au/arcadia](http://www.bbcatholic.org.au/arcadia)

**Facebook:** [stbenedictsarcadia](https://www.facebook.com/stbenedictsarcadia)

**MONASTERY:** 9653 1159



**BANK DETAILS for ONLINE only donations:**  
**BSB:** 062 784 **Account:** 100002141  
**Account Name:** Catholic Parish of Arcadia Bank:  
**CBA—Catholic Development Fund**

**For all parish Occupational Health & Safety and Safeguarding Children matters Contact:**  
**Lorraine Dailey on 0416 081 882.**